



## Professional Development Workshops

*Expand your skills, invest in your team!*

### Becoming a Mindful Leader: Create Self-Awareness and Intentionality on your Path to Effective Leadership

**Date & Time:** Thursday, May 14, 2020, 8:30am-12:30pm **Cost:** \$165

**Location:** Higher Education Center, Medford Rm 129B

**Description:** Self-awareness and intentionality are vital for effective leadership. In this workshop, leaders will learn about the neuroscience that drives effective leadership and how to guide organizational change from a solution-focused platform. Participants will gain research-backed mindfulness techniques learning to be present and compassionate, while truly able to effect change.

#### Learning Concepts:

- Gain understanding and techniques in neuroscience and its relationship to effective leadership.
- Gain insight to the interplay between individual self-awareness, leadership performance, and organizational culture.
- Develop individualized strategies for guiding line-staff through potentially stressful organizational change.
- Enhance Emotional Intelligence and mindfulness techniques that support self and staff.

**About the Presenter:** Tiffany Grimes founded Evolutionary Consulting, LLC in 2012. As a writer, facilitator, consultant, and life coach she is passionate about the work she does and the lives she helps to transform. She is a Certified Professional Coach, Certified Practitioner of Neuro-Linguistic Programming (NLP), Specialty Master Trainer through Portland State University's Oregon Registry Training Program, Creator and Director of the Parents Empower program operated through the Department of Human Services, national presenter, and published author. She holds a Master's in Management with a focus on Organizational Development through Southern Oregon University.

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